

Thank you!

Your gifts helped us double the impact for our patients

Between Oct. 1 and Dec. 31, our generous donors helped CentraCare Foundation raise \$358,587. And, thanks to a \$100,000 matching gift from Granite City Motor Car toward a cardiac rehab teaching kitchen and a \$10,000 matching gift from Kickin' Cancer in Redwood County to support patients with cancer, the total amount raised was \$468,587!

We extend our gratitude to our generous community for the 1,439 gifts received and to our matching gift sponsors for their generous support.

Thank you for making a difference for those we serve!

Community giving funds equipment for patients

After identifying some of the challenges faced by many patients with high blood pressure, Dr. Cybill Oragwu suggested that CentraCare – Long Prairie Clinic buy home blood pressure monitors for patients who have a difficult time getting to the clinic for their follow-up care.

By providing the proper equipment and training to use these machines at home, patients will have access to more easily monitor their blood pressure and follow up with their provider with a virtual or telephone visit.

Since many of these patients are on Medicare, which does not cover the cost of this type of home equipment, a decision was made to purchase 100 machines with funds from CentraCare Foundation's Long Prairie Greatest Needs Fund.

"Thanks to community giving, we can help these patients take better care of themselves by eliminating the need to get to the clinic for their blood pressure reading and provider visit," said Dr. Oragwu. "We plan to closely monitor patient quality outcomes and hope to expand this program to more patients in the future."



Sarah Binek, Clinic Nurse Manager; Dawn Graves, LPN, Clinic Nurse; Cybill Oragwu, MD, Physician Lead/Medical Director, Family Medicine; and Eric Gohman, Director of Family Medicine, CentraCare – Long Prairie Clinic



Volunteering for Holly Ball is a Schuller family tradition

Holly Ball could not happen every year without the help of our amazing volunteers and one family has made it a tradition to look forward to each year.

"Grandma" LouAnn Schuller is quite the volunteer role model and knows how to "spark" the passion in others. She has been a dedicated Holly Ball volunteer for at least 15 years. Because she enjoyed it so much, she thought it would be fun to do with her grandchildren when they were old enough to help.

"Grandma shared her memories about helping with Holly Ball, and when I was 16, she asked me if I would like to come with her to help. As soon as I walked in, I knew I would be back," said granddaughter Lily.

Lily continued to volunteer for eight years, and as time went on, nine of Lily's 11 siblings and her parents also joined Grandma LouAnn at one time or another! The Schuller volunteers included LouAnn, Craig, and April (parents of the grandkids), Gabrielle, Madeline, Lily, Matt (Lily's husband), Willow, Sebastian, Rainier, Frederique, Thierry, Marta, and Giselle.

For this year's Holly Ball, Giselle (11) and Marta (13) volunteered with their grandma for a total of 45 hours. They helped at the three "warehouse nights" weeks prior to the event, with event set-up two days before, and at the event, they helped to light all the candles on the tables. Some of their volunteer duties included putting the igloo together (see photo above), cutting beads for centerpieces, painting the big HB letters, wrapping blocks to look like big gift boxes, counting chair covers, ironing tablecloths, and decorating trees.

"We have so much fun volunteering with Grandma. She picks us up, and we were often the first ones at the warehouse, so we'd sit in her car, chat, laugh, and sometimes sing until we see the door open. Afterward, we'd go out for ice cream so that was a plus, too," shared Giselle.

On the day of the event, they put on their best dresses and went with their grandma to light the candles on the tables before the Holly Ball guests arrived. They were awed by the beauty and the satisfying feeling they had when they saw firsthand the final transformation. They also were excited to share the pride of their efforts with CentraCare CEO/President Dr. Ken Holmen who invited them to walk through the space to see the details and how they helped make the event come to life.

"We love being part of the volunteer team. Bringing such a large and magnificent event to life is the highlight of the entire process. Everyone has a blast together from start to finish making the theme come to life, starting with the smallest details. Also, interacting with the guests while volunteering on the evening of the event is amazing," added Marta.

Thank you to all of our volunteers who help us make Holly Ball a reality each year!

To view some other event photos and videos, visit [Holly Ball 2022](#).



Welcome, Chris Backes!

CentraCare Foundation welcomes our new Prospect Researcher, Chris Backes. In this role, Chris will identify and research high impact donors within our current donor pool and throughout our communities.

Chris grew up in Central Minnesota and his family has deep roots in both Melrose and St. Cloud. He earned his B.A. degree from St. John's University with a major in Economics and minor in Political Science. He graduated with academic honors, magna cum laude. Chris was the leader and quarterback of the SJU Football team and guided his team to the MIAC Championship and NCAA Tournament his final season.

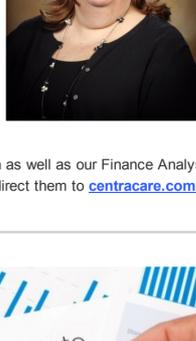
From January 2019-December 2021, Chris coordinated fundraising efforts as a member of St. Jude Leadership Society for St. Jude's Children's Research Hospital. This experience has played the key role in motivating him to pursue a career in healthcare philanthropy. Most recently, Chris worked as a Research Analyst at Applied Policy Research, Inc. where his primary role was analyzing data to ensure accuracy and assist clients in making decisions.

Congratulations, Allie Theisen!

We also are pleased to share that our own Allison (Allie) Theisen has been promoted to Executive Assistant to Vice President Brad Konkler - filling the position recently vacated by Sandy Spoden. In this role, Allie will provide support to Brad and the Board of Directors along with many other administrative duties.

Allie is deeply committed to CentraCare's purpose and the impact of community philanthropy. In addition, she consistently delivers high quality work and is committed to our team.

Please join us in congratulating Allie in her new role.



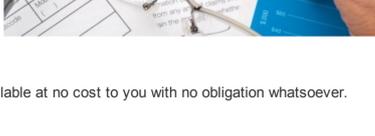
Our Foundation hopes to fill Allie's former Administrative Assistant position as well as our Finance Analyst position very soon. If you know of anyone who may be interested, please direct them to [centracare.com](#).

Learn more about our complimentary estate planning

Make getting your estate plan into shape one of your New Year's resolutions. CentraCare Foundation offers complimentary estate planning to our donors.

To learn more about our estate planning with Paul Grassmann of Thompson & Associates, visit [centracare.com](#) or call 320-240-2810.

This service is completely confidential and available at no cost to you with no obligation whatsoever.



Kudos for the Gorecki Guest House

Gorecki Guest House is truly a "shining" example of hospitality and philanthropy in action!

Here are some comments received with recent gifts to the Guest House:

"Gorecki Guest House was a wonderful facility when my mother was in the hospital. So handy and the staff was so helpful and friendly."

"I stayed at the Gorecki Guest House last year at this time and what a blessing! Thank you for everything. I was happy I could be so close to my husband."

"My wife and I stayed at the Gorecki Guest House multiple times when she was going through cancer treatments and I stayed at the hospital this past spring and it was a huge blessing for us. It is a wonderful place for families to stay close by when loved ones are undergoing treatment."

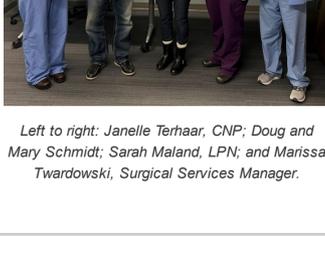
Learn more about its history by reading a [recent post](#) on the St. Cloud Shines Facebook page.

Sweet donation brings holiday cheer

We are truly grateful to Long Prairie community members, Doug and Mary Schmidt, for their ongoing support and heartfelt act of kindness this holiday season.

Thanks to their generosity, each CentraCare – Long Prairie employee (150+) received a free holiday pie to take home and enjoy with their family and friends.

Thank you, Doug and Mary, for adding extra cheer to the season and sharing your appreciation for our hard-working employees.



Left to right: Janelle Terhaar, CNP; Doug and Mary Schmidt; Sarah Maland, LPN; and Marissa Twardowski, Surgical Services Manager.



Santa's helpers bring bins of gifts for patients

We extend a huge thank you to Sartell Santa's Helpers who recently delivered five BIG bins of gifts valued at more than \$7,000 for patients at St. Cloud Hospital Children's Center and \$1,500 worth of supplies for the Child Advocacy Center!

Thank you to all who contributed to this year's efforts. These gifts definitely put smiles on the faces of the hospitalized children and families who received them.

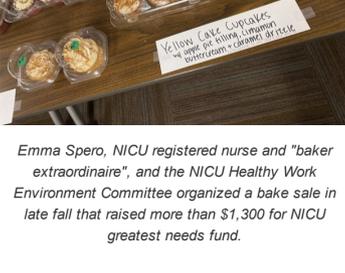
Santa's Helpers who delivered the gifts were Kya, Administrative Specialist at Sartell City Hall; Peter, Sartell Fire Chief; and Jason, Sartell Public Works.

Thank you for your generous community support!

We are grateful for their spirit! Thank you to our community partners who have raised funds to benefit our patients. To learn more about how you can host an event to benefit our patients, [click here](#).



Miss Minnesota, Loralí Diaz, delivered "Jared Boxes" to St. Cloud Hospital Children's Center patients. Jared Boxes contain age-appropriate toys, coloring, and other items to help bring joy to the kids. She visited a few patients to see their excitement! Pictured with Stephanie McNaughton, Children's Center.



Emma Spero, NICU registered nurse and "baker extraordinaire", and the NICU Healthy Work Environment Committee organized a bake sale in late fall that raised more than \$1,300 for NICU greatest needs fund.



As a 13-year cancer survivor, Bill knows what it is like to go through cancer treatment, work and support a family. Because of this, he and his family have purchased gifts and gift cards for a CentraCare patient going through treatment.



Gilleland Chevrolet challenged their customers with a matching gift to raise money for Breast Cancer Research during Breast Cancer Awareness month in October. We appreciate your continued support for our patients with cancer! Brad Konkler, Vice President, Foundation, accepted the check from Christy Gilleland of Gilleland Chevrolet.

Follow us on Facebook

CentraCare Foundation has so many stories to share and people to thank that we've created our own Facebook page where you can find all these things and more! We invite you not only to like our page, but to take it a step further — invite your friends to the page to engage and interact with the posts on Facebook. And give feedback on how we can share the great things CentraCare Foundation is doing for our community, our patients and their families thanks to the generous support of our employees and the community.

